



WV Becoming an Outdoors-Woman  
Welcome and Registration Information

Thanks for your interest in the WV Becoming an Outdoors-Woman program. During the weekend workshop, you will have the opportunity to take four classes that will introduce you to a variety of outdoor skills. Please review the various course descriptions before making your choices. We ask that you make four choices for each session, just in case your first class choice has been closed. Each workshop offers a different variety of classes, so if you don't see a class offered this Fall, it may be offered next Spring. We keep all the classes small and manageable so that you can have a productive learning experience. And, classes are offered usually based on instructor availability. So, if there's a class you definitely want to take, please send in your information as quickly as possible.

If you are new to hunting and you are required to get a Hunter Safety Certification Card, we have the Hunter Safety track being taught by Janet Clayton. There are three classes that you have to take: firearms safety, Hunting Basics 1, and Hunting Basics 2. Please mark on the registration form that you are interested in this certification and select the three classes. The class selection for Sunday can be any class.

Also, many women bring a friend or relative with them to the workshop...we even encourage it through the Bring a Friend Registration Rate. To qualify for this rate, you must bring someone NEW to the workshop. Some women come year after year and consider our weekend workshops a reunion. If you have a particular person with whom you want to share a room, please list them on your registration form after you have made sure that they are also coming. If you don't have anyone in particular that you want to room with, don't worry because this is a great opportunity to make some new friends!

As in the past, there are a few scholarships available to cover half the registration fees. Payment is required prior to the workshop via phone, by mail, or by fax. The BOW program can no longer provide refunds, although substitutes are permitted. See the registration form for details.

Our goal is to encourage women to Step Outside® and explore our outdoors, in a comforting non-threatening atmosphere. We have participants from various parts of WV and also from other states. So, please come and have a great and relaxing weekend with a great bunch of women. If you have any questions or you may be interested in teaching a class at a future workshop, please feel free to contact me at 304-558-2771 or [elizabethgallagher@wvdnr.gov](mailto:elizabethgallagher@wvdnr.gov).

I'll see you this Fall!

Elizabeth Gallaher  
WV BOW Coordinator

WV Becoming an Outdoors-Woman  
Watoga State Park, Marlinton, WV  
September 16-18, 2005

Please complete both pages of the registration form completely.

Name \_\_\_\_\_ Phone Number \_\_\_\_\_  
Female \_\_\_\_ Male \_\_\_\_ Age \_\_\_\_  
Address: \_\_\_\_\_  
E-mail \_\_\_\_\_

Please list your four choices for each session in order of preference

| Session 1             | Session 2             | Session 3             | Session 4             |
|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 <sup>st</sup> _____ | 1 <sup>st</sup> _____ | 1 <sup>st</sup> _____ | 1 <sup>st</sup> _____ |
| 2 <sup>nd</sup> _____ | 2 <sup>nd</sup> _____ | 2 <sup>nd</sup> _____ | 2 <sup>nd</sup> _____ |
| 3 <sup>rd</sup> _____ | 3 <sup>rd</sup> _____ | 3 <sup>rd</sup> _____ | 3 <sup>rd</sup> _____ |
| 4 <sup>th</sup> _____ | 4 <sup>th</sup> _____ | 4 <sup>th</sup> _____ | 4 <sup>th</sup> _____ |

\_\_\_ I plan on getting my Hunters Safety Card (must select Firearms Safety, Hunting Basics 1 and 2)

Workshop Fees

\_\_\_ \$130 Full Price  
\_\_\_ \$100 Bring a Friend Reduced Rate (all forms and fees must be sent together)  
\_\_\_ \$75 Scholarship Rate (must include scholarship application)

Payment Methods

\_\_\_ Check made to WV BOW enclosed  
\_\_\_ Please charge to my credit card (Visa/Mastercard/Discover)

Number: \_\_\_\_\_  
exp date \_\_\_\_ Signature \_\_\_\_\_

**Return registration form with appropriate funds by September 2, 2005.**

By fax: 304-558-3147 (credit card only) Attn: BOW Registration  
By phone: 304-558-2771 and ask for either Billie or Elizabeth.

By mail: WV DNR--Wildlife Resources Section  
Attn: BOW  
1900 Kanawha Blvd., East  
Bldg. 3, Rm. 842  
Charleston, WV 25305



Registration, page 2.

The facilities at Watoga State Park are modern and standard cabins. Sheets and towels will be provided.

Lodging options: Please circle preferences

Modern Cabin

Standard Cabin

Smoking

Non-Smoking

Early to Bed

Night Owl

We will try to honor all roommate requests. If no roommates are requested, we will place you based on your lodging options circled above. Please list roommate choices:

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

If the workshop is full when you register, do you wish to be placed on a waiting list for possible cancellations?

\_\_\_\_\_ Yes, place me on the waiting list.

\_\_\_\_\_ No, I'll wait until I can attend another workshop

**\*\*\*NEW\*\*\***

We are trying to provide a participant list (names, address, phone number, email) to be given out to other participants at our Fall Workshop. Are you interested in this opportunity?

\_\_\_\_\_ **Yes**, I want to be listed on the participant list so that my new friends can contact me.

\_\_\_\_\_ **No**, I value my privacy and I'd prefer to give my information to my new friends at the workshop.

The applicant, by signing below, recognizes that the program involves some risk and takes responsibility for all actions or injury that may result by participating.

Signature \_\_\_\_\_

*Please no Pets.*

Upon receipt of your registration and payment, you will be sent a confirmation letter. Equipment will be provided, but students are encouraged to bring their own as mentioned in course descriptions. **Cancellation deadline is September 6, 2005.** Due to the increase cost and popularity of the workshops, **refunds will no longer be provided although you can name a substitute.**

## Course Offerings

### Session 1 (Friday PM)

Backpacking Overnight (two sessions)  
Beginning Fishing  
Dutch Oven Cooking  
Family Camping—NEW!  
Firearms Safety  
Fly Fishing 1  
Leave No Trace  
Mountain Biking 1  
Stream Ecology  
Turkey Hunting

### Session 2 (Saturday AM)

Amazing Wildlife  
Archery  
Beginning Fishing  
Beginning Rappelling—NEW!  
Nature Craft—NEW for 2005!  
Fly Fishing 2  
Horseback Riding  
Hunting Basics 1  
Rifle  
Shotgun  
So You Got a Deer  
Stream Ecology

### Session 3 (Saturday PM)

Archery  
Caving  
Dutch Oven Cooking  
Forestry For Women  
Fishing by Canoe  
Horseback Riding  
Hunting Basics 2  
K-9 Hunting Companion  
Rifle  
Shotgun  
Stream Ecology

### Session 4 (Sunday AM)

Beginning Canoe  
Fly Tying  
Handgun Hunting  
Intro to Backpacking  
Map and Compass  
Mountain Biking 2  
Nature Journaling  
Outdoor Hygiene—NEW!  
Shotgun  
Stream Fishing  
Tree Stand Safety  
Wilderness First Aid  
Wildgame Cooking

## Course Descriptions

### **Amazing Wildlife—Instructors: Kim Beach-Shaffer and Pam Wyant**

This class takes a fun and interactive view at wildlife. Learn animal tracks, make your own tracks, discover the hidden secrets of owl pellets, and listen to bird songs and night sounds all in a relaxed environment.

### **Archery— Instructor: Dixie Lambert**

Participants will learn bow safety, how to fit and select equipment, and the art of shooting. Equipment will be provided, but students are encouraged to bring their own equipment (no broad heads, please).

### **Backpacking Overnighter (Two Sessions)—Instructors: Pamela Glasser**

This course will provide the skills and know-how for enjoying the backcountry by combining instruction with an overnight backpacking trip. Participants will learn about equipment, how to pack a pack, setting up and breaking down camp, food preparation, basic safety and wilderness etiquette. Food and equipment will be provided.

**Beginning Canoeing—Instructors: Kim Beach-Shaffer, Brian Shaffer, and Pam Wyant**

Instruction will cover the basics: getting in and out of a canoe, team paddling, and proper strokes, portaging, tying down on a car rack, and other special pointers. You will be getting out on the lake to practice your skills.

**Beginning Fishing—Instructor: Zack Brown**

This course will provide hands on instruction from choosing equipment to landing the fish. Learn the fundamentals of rod and reel handling, casting, knot tying and tackle. Equipment will be provided, but participants are encouraged to bring their own.

**Beginning Rappelling—NEW!—Instructors: Amie and Rob Nottingham, Michelle Negro**

This class will be an introduction to basic descending techniques. In a controlled environment, you will learn to safely rappel and belay while using different hardware and techniques. This is a hands-on course. Please make sure to bring a pair of LEATHER gloves and sturdy shoes. Helmets and all other necessary equipment will be provided.

**Caving—Instructors: Jack Wallace, Amie and Rob Nottingham**

Interested in exploring a brand new world? Join two caving experts to explore a local cave. Equipment will be provided.

**Dutch Oven Cooking—Instructor: Dee Robinson**

Complete meals can be cooked in a Dutch Oven whether it's breakfast or dinner. Learn how while practicing 3-4 recipes during class then enjoy eating the results. You will also learn about the preparation and care of the oven and different equipment that can be used.

**Family Camping—NEW!—Instructor: Lisa Blankenship**

How do you make camping a fun and memorable experience -without pulling out your hair? In this class, you'll learn the basics of equipment, setting up camp, and outdoor cooking. We'll show you how to keep it simple and add some tips to dazzle your family. Feel free to bring your own camp trick or gadget to share.

**Firearms Safety—Instructors: Carol Stewart and Janet Clayton**

This course will cover the basic types of firearms, firearms safety, gun handling and the basics of selecting and purchasing firearms. This course is **required** for those wishing to take rifle, shotgun, handgun, and the hunters' certification card.

**Fishing by Canoe—Instructors: Zack Brown and Kim Beach-Shaffer**

Try your hand at fishing from a canoe. Learn more about fishing techniques, lures, habitat, and how weather affects your success. **Prerequisite:** Basic knowledge of knot tying, casting and either have taken the Basic Canoeing class or have canoeing experience.

**Fly Tying—Instructor: Marie Mason**

Learn the art of fly tying. You will be presented with materials and tools which are needed and learn their various uses. Then, you will try your hand at tying some basic fly patterns.

**Fly Fishing I—Instructors: Paula Voldeck, Linda Linger, and Jeff Chickester**

Learn the basics of casting and fly presentation, fly design, knot tying, selection of equipment, and basic knowledge and understanding of fly fishing. Participants are encouraged to bring their own equipment, but equipment will be provided for first times as well.

**Fly Fishing II—Instructors: Paula Voldeck, Linda Linger, and Jeff Chickester**

Take your knowledge learned from Fly Fishing I to the next level. You will visit a local stream and practice your casting skills and possibly reel in a catch. Participants are to bring waders or old shoes. **Prerequisite:** Fly Fishing I or a previous Fly Fishing class from Trout Unlimited or BOW.

**Forestry for Women—Instructors: Barb Breshock and Amy Cimarolli**

More and more women are becoming property owners. This class will provide information on how to manage your land for various uses. The second part of this course involves walking on a small forest plot, so bring appropriate shoes.

**Handgun Hunting—Instructors: Vernon and Debbie Nosse**

You will have the opportunity to learn gun safety and shooting techniques specific to handguns. You may bring your own, but you must also provide your own ammunition if not using 22 or 38sp. **Prerequisite:** BOW Firearms Safety Class or Hunter Safety Certification.

**Horseback Riding—Instructors: Jim Burks, Windy Hill Quarter Horses**

Participants will get instruction on horse health, equipment, and after you saddle your horse you'll get to go on a trail ride.

**Hunting Basics 1—Instructor: Janet Clayton**

This class includes basic information for the beginning hunter from hunting ethics, wildlife management and identification, laws, etc. This a **required** class for the Hunter Education Certification.

**Hunting Basics 2—Instructor: Janet Clayton**

This course consists of a safety trail which takes you through several simulated hunting situations and basic obstacles encountered during hunting various game animals. This a **required** class for the Hunter Education Certification.

**Introduction to Backpacking—Instructor: Pamela Glasser**

If you would enjoy backpacking, but you're not ready to commit to an overnight trip, then this course is for you. Participants will receive experience in hiking with a pack and instruction in backpacking equipment, food preparation, setting up and breaking down camp, basic safety and wilderness etiquette.

**K-9 Hunting Companion—Instructor: Mary Leavelle-Colbert**

This course is designed for training hunting dogs and their owners. You will cover selecting your dog companion, obedience training, and handling in a hunting situation. Also, you'll get to try your hand at working with the instructor's dogs. Class is geared to retrieving and flushing dogs, but it is useful information for all dog handlers. **Do Not Bring Your Own Dogs!**

**Leave No Trace—Instructors: Kim Beach-Shaffer, Brian Shaffer, and Pam Wyant**

"This is your land . . . and this is my land" but we both need to take care of it whether we are in the front country or the backcountry, taking a day hike or a week long backpacking trip. In this interactive, fun and enjoyable class, participants will discover the "7 Principles of Leave No Trace" and become motivated to make less impact on our natural world.

**Map and Compass—Instructors: Barb Breshock and Amy Cimarolli**

Students will learn how to navigate using a map and compass and learn to interpret topographic maps and route selection. You will then practice your newfound skills over the local terrain.

**Mountain Biking 1—Instructors: Amie and Rob Nottingham**

Learn the equipment basics, “rules of the road” and have the opportunity to explore part of the Greenbrier River Trail. We will have bikes and helmets available, but you are encouraged to bring your own.

**Mountain Biking 2—Instructors: Amie and Rob Nottingham**

This is a more advanced Mountain Biking class and therefore will be building on skills learned in Mountain Biking 1. There will be more discussion on gears, breaks, and technical navigation and you will also bike on a more challenging local mountain bike trail. We will have bikes and helmets available, but you are encouraged to bring your own. **Prerequisite:** Mountain Biking 1 or a good knowledge of mountain biking.

**Nature Craft—NEW for 2005!—Instructor: Denise Benear**

Do you want to get in touch with your crafting side? All materials and tools will be provided.

**Nature Journaling—Instructor: Cathy Adkins**

Have you wanted to record your observations and outdoor adventures? This class will introduce you to the art of journaling. Supplies will be provided, but if you have a journal you’d like to share, please bring it.

**Outdoor Personal Hygiene—NEW!—Instructor: Mary Beth Murphy**

What do you do when you’ve “gotta go right now!” Learn different techniques such as how to pick the right tree, don’t use three-leaved toilet paper, and other things that no one ever tells you about when you start planning your outdoor adventures.

**Rifle—Instructors: Debbie and Vernon Nosse**

You will have the opportunity to learn gun safety and shooting techniques specific to rifles. Equipment will be provided, but you may bring a cased firearm to the class. You will need instructor’s approval to use your personal firearm. **Prerequisite:** BOW Firearms Safety class or hunters safety certification card.

**Shotgun—Instructors: Al Means and Carol Stewart**

You will have the opportunity to learn gun safety and shooting techniques specific to shotguns. Includes clay pigeon shooting. Firearms and ammunition will be provided in 20 and 12 gauges. You may bring your own cased firearm, but it must meet safety approval of the range instructor. **Prerequisite:** BOW Firearms Safety class or hunters safety certification card.

**So You Got a Deer—Instructor: Debra Walker**

Now what? This hands-on class will take the mystery out of getting your game from the field to the table. You will be guided throughout the proper techniques and equipment for field dressing and butchering whitetail deer. Please be advised that participants will be working up a fresh kill that will be used in the Wildgame cooking class.

**Stream Ecology—Instructor: Dan Cincotta**

This course will be an introduction to aquatic creatures and their role in an aquatic ecosystem. There will be some lecture time, but most of the class will involve hands-on learning so be prepared to get wet.

**Stream Fishing—Instructor: Zack Brown**

Learn where and how to fish streams and everything from techniques, lures, habitat, to how weather affects your success. Participants are encouraged to bring their own equipment, but equipment will be provided.

**Prerequisite:** Basic knowledge of knot tying and casting.

**Tree Stand Safety—Instructor: Susan Kinzer**

Bow hunting is a wonderful and fun sport, but don't let tree stand accidents ruin your hunting trip. This class discusses the various types of tree stands, tree stand placements, and safety harnesses.

**Turkey Hunting—Instructor: Susan Kinzer**

Learn the basics of wild turkey hunting from understanding wild turkey behavior, preseason scouting techniques, tree stand placement and safety, shot placement and blood trailing, to equipment selection.

**Wilderness First Aid—Instructor: Debra Walker**

Class members will learn to splint, control bleeding, and to safely move injured people. You will also be provided with an overview of several medical illnesses and environmental injuries and/or illnesses that may be encountered in the outdoors.

**Wildgame Cooking—Instructor: Carol Stewart**

In this class, you will be preparing fresh venison in a variety of ways. Cutting, storing, and cooking the meat will be demonstrated in this class, and you will be able to share the results with the rest of the group at our Sunday closing ceremony.



**WV Becoming an Outdoors-Woman  
Scholarship Application  
Fall 2005**

Name \_\_\_\_\_

Thank you for your interest in the WV Becoming an Outdoors-Woman Scholarship. If you wish to compete for 4 of these scholarships, please complete this application and submit it with your registration form with the \$75 registration fee. You will be contacted by September 2, 2005 of your status. Preference will be given to first-time participants, full-time students, single parents, and low-income households.

All information will be kept confidential.

Annual income \_\_\_\_\_

Number of dependents \_\_\_\_\_

Please write an essay (100 word minimum) describing why you want to become an outdoors-woman. The essay may be written or typed. You may use the space provided or attach your essay to this form.

I certify that the information that I have provided is correct and that the scholarship essay is of my own work.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date